



# May Lunch Club 60 Menu

Serving Time: 11:30 am  
Menu items subject to change

\*Please Note: The week of May 9-13, the lunch program will be moved to Activity Room C

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Italian Sausage w/ Peppers, Onions, Catsup &amp; Mustard on Bun Peas Carrots Mandarin Oranges</p>	<p>3</p> <p><b>Nutrition Education w/ Cindy Rapp</b> "What's the Fuss about Sugar?"</p> <p>Tacos w/ Ground Beef, Cheese, Shredded Lettuce, Tomato Wedge, Salsa &amp; Sour Cream, Southwestern Chicken Soup Fruit Cocktail</p>	<p>4</p> <p>Roasted Chicken Breast w/ Dressing Mashed Potatoes &amp; Gravy Tuscany Blend Vegetables Wheat Dinner Roll Strawberry Crème Pie</p>	<p>5</p> <p>Pork Roast w/ Dressing Smashed Potatoes &amp; Gravy California Blend Vegetables Dinner Roll Lemon Layer Cake</p>	<p>6</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Broccoli 12 Grain Bread Applesauce</p>
<p>9</p> <p>Pizza Salad w/ dressing Peaches Milk</p>	<p>10</p> <p>Box Lunch: Turkey Sandwich Fruit Cookie OJ Milk</p>	<p>11</p> <p>Breakfast for Lunch Omelet w/ Cheese Applesauce Wheat Bread OJ Milk</p>	<p>12</p> <p>Box Lunch: Ham Sandwich Fruit Cookie OJ Milk</p>	<p>13</p> <p><b>Chili Bingo Event</b> *Meal Served at Chili Center Only* Hot Dog Summer Potato Salad Cabbage Slaw Sherbet</p>
<p>16</p> <p>BBQ Chicken ¼ Grape Juice Navy Bean Soup Mashed Sweet Potatoes Wheat Dinner Roll Lemon Meringue Pie</p>	<p>17</p> <p><b>Festa Di Maggio</b>  <b>No Lunch Served Today</b></p>	<p>18</p> <p>Braised Pork Chop w/ Gravy Scalloped Potatoes Romaine Spinach Salad w/ Ranch Dressing Dinner Roll Chocolate Cake</p>	<p>19</p> <p>Breaded Haddock w/ Tartar Sauce Tomato Florentine Soup Coleslaw w/out Pineapple Wheat Dinner Roll Blueberry Lattice Pie</p>	<p>20</p> <p>Individual Meatloaf w/ Vegetable Gravy Au Gratin Potatoes California Blend Vegetables Dinner Roll Strawberry Shortcake w/ Whipped Topping</p>
<p>23</p> <p>Meat Lasagna Tossed Lettuce Salad Italian Dressing Cauliflower Italian Bread Peaches</p>	<p>24</p> <p>*CSC Breakfast* Chicken stuffed w/ Broccoli &amp; Cheese Mashed Potatoes &amp; Gravy Lima Beans 12 Grain Bread Petite Banana</p>	<p>25</p> <p>Pub Burger w/ Lettuce, Tomato &amp; Onion on Bun w/ condiments Turkey Vegetable Soup Cucumber &amp; Onion Salad Mandarin Oranges</p>	<p>26</p> <p>Sweet &amp; Sour Pork over Brown Rice Oriental Blend Vegetables Spinach Dinner Roll Fruit Cocktail</p>	<p>27</p> <p>Seafood Salad w/ Lettuce &amp; Tomato on Wheat Thinwich Chicken Gumbo Pineapple</p>
<p>30</p> <p><b>No Lunch Served Today</b></p>	<p>31</p> <p>Eggplant Rollup w/ Sauce Broccoli Wax Beans Italian Bread Pears *Cupcakes*</p>		<p><b>Funding</b> This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging</p>	<p><b>All meals served with milk, bread and margarine.</b>  <b>Soup served with crackers.</b></p>

# **Lunch Reservation Procedure**

## **(Please call 723-2425)**

- Meals are served daily from 11:30am-12:00pm
- Lunch is a suggested contribution of \$3.00 for any person 60 and older. For anyone under the age of 60, the meal cost is \$6.00 which will be collected at the front desk
- If you have not arrived by 11:45am for your lunch reservation, your meal may be given to any individual on our waiting list
- The latest a meal can be made is 10:00am the day before the meal is served
- All meal cancellations must be made by 10:00am the day before the meal is served

### **Medical Motors Transportation**

Daily transportation to the center for seniors 60 and older is provided through Medical Motors for Greece residents for the Nutrition Program and activities. There is a suggested contribution of \$2.00

- Pick-ups are between 7:00-9:00am, Mon-Fri
  - Returns are 12:30 & 2:30, Mon-Fri

Pick up and return times are subject to change

Please call 723-2425 at least 24 hours in advance to sign up for transportation

**Please call Medical Motors at 654-7030 before 8:00am if you need to cancel on the day you are scheduled to be picked up.**

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance, on the grounds of race, color, sex, religion, national origin, disability, or marital status.

**3 Vince Tofany Blvd. Greece, NY 14612**  
**(585) 723-2425**  
**[www.greecenyny.gov](http://www.greecenyny.gov)**

Breakfasts are served from 9:30-10:00am  
for a suggested contribution of \$3.00

# Breakfast at the Community Center



Tuesday, May 24

Scrambled egg white patty with cheese,  
sausage patty, potato patty, English  
muffin, apple juice.

**Please Sign-Up by: May 10<sup>th</sup>**

Friday, June 17—Bingo Day!

Sausage patty with cheese on a biscuit,  
potato patty, orange juice, peaches.

**Please Sign-Up by: June 3<sup>rd</sup>**

\*Each breakfast is served with milk and coffee\*  
Our regular lunch program will also take place at 11:30am



## Have a Wholesome Day.

Greece Community Center  
3 Vince Tofany Blvd, Greece, NY 14612  
(585) 723-2425

# May Activity Cancellations

Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7
9 Duplicate Bridge 12:30-4:00pm  Munchkin Mats 6:15-7:15pm	10 Tai Chi 9:00-9:50am  Hatha Yoga 7:00-7:50pm	11 Open Play 12:30-1:30pm  3 in 1 Fitness 6:00-6:50pm  Munchkin Mats 7:00-7:45pm	12 Open Mats 9:00-10:00am  Bridge 12:30-4:00pm	13 Mahjongg Lessons 11:30am-12:45pm  Mahjongg 1:00-4:00pm  Wheels in Motion 1:00-1:50pm	14
16	17 Tai Chi 9:00-9:50am  Cardio Fusion 9:00-9:5am  Strength & Conditioning 10:00-10:50am  Line Dance Instruction 11:00am-12:00pm  Open Soccer 11:45am-12:15pm  Bridge 12:30-4:00pm	18 Open Play 12:30-1:30pm	19	20	21
23	24	25	26	27	28 CSC CLOSED ALL ACTIVITIES CANCELLED
30 CSC Closed ALL ACTIVITES CANCELLED	31				

# Senior Movie

Wednesday, May 18<sup>th</sup>

12:30pm-2:30pm



Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his young co-workers, including Jules Ostin (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom, and sense of humor help him develop a special bond and growing friendship with Jules.

**Free** to Greece Community & Senior Center **Members**



# Greece on the Go



Keeping **You** Moving in Greece and Beyond

## May 2016

### Senior Lunch Trips

**Wednesday, May 4: Romano's  
Macaroni Grill in Henrietta**

11:00am-1:45pm

\$2.00 to ride bus

**Wednesday, June 1: Applebee's in  
Greece**

11:00am-1:30pm

\$2.00 to ride bus

**\*Please Note:**

#### Lunch Trips

- Lunch trips require a minimum of 7 riders with a maximum of 14.
- Cost of lunch not included
- Register ahead at the front desk.

### Adult Day Trip

**Wednesday, June 8**

**Mount Hope Cemetery**

**Walking Tour**

Take a walk with our friends from Mount Hope Cemetery amongst majestic trees, abundant wildlife, historic buildings, and thousands of monuments and memorials of those who have preceded us.

9:30am-12:30pm

\$12.00 per person

### Grocery Shopping

**Friday, May 13: Wal Mart—Greece  
Location**

9:00am-11:30am

Medical Motors Transportation

**Friday, May 20: Price Rite**

9:00am-11:30am

Medical Motors Transportation

**Friday, May 27: Aldi's—Latta Rd Location**

9:00am-11:30am

Medical Motors Transportation

**\*Please Note:**

For Trips Noted "Medical Motors  
Transportation"

Through the Greece Community & Senior  
Center, for Greece Seniors, Medical Motors  
offers monthly trips to area grocery trips.

Transportation is free and **requires a  
minimum of 3 riders.**

You may sign up at the front desk ahead of  
time or by calling 723-2425.

**Reserve a spot at the front  
desk or by calling 723-2425**

All trips depart and return from the  
Community & Senior Center  
3 Vince Tofany Blvd  
Greece, NY 14612





# DIETITIAN'S DESK NEWSLETTER



MAY 2016 EDITION

## Exercise

Staying active is one of the most important things you can do to remain healthy and age well. Exercise builds muscle, burns fat, boosts energy, enhances the immune system, and optimizes hormones!

It is generally recommended we perform two categories of exercises: **muscle strengthening** and **aerobic**. See the guide below for recommendations. Always consult your physician before starting a workout regimen.

**1.**

*Muscle strengthening* activities on **two or more days a week** that work all major muscle groups.



**2.**

**2 hours and 30 minutes** (150 minutes) of moderate-intensity *aerobic activity* (i.e., brisk walking) every week.



**OR**

**1 hour and 15 minutes** (75 minutes) of vigorous-intensity *aerobic activity* (i.e., jogging or running) every week.



## Muscle strengthening

Muscle is an important part of our body that allows us to **create force**. It can help us walk, run, climb stairs, balance, or carry grocery bags. The following would be considered muscle strengthening activities:

- Body weight exercises such as push-ups, sit-ups, or pull-ups.
- Lifting weights such as barbells or dumbbells. Exercise bands or machines can also be used.
- Certain exercise classes like yoga.



## Aerobic activity

Aerobic exercises also strengthen muscles similar to the above muscle building activities. However, they usually place more emphasis on **elevating your heart rate** and allowing your body to do **sustained work**. Activities should last at least 10 minutes. The following would be considered aerobic activities:

- Basic movements like walking, running, or swimming.
- Activities like dancing, biking, or gardening.
- Sports such as tennis, basketball, or golf.